

Tomorrow: High: 27 F Low: 11 F



Friday: High: 38 F Low: 23 F

Musings Sports editor Justin Nutter's mid-week musings are back. Check them out on page 3.

Tex-Mex Columnist Josh Madden shares his thoughts on new mexican joint in town.

Photos of icy weather Check out page 6 to see how fellow students have been battling the blizzard.

Snow days

Tim Schrag

For the second day in a row, classes were canceled at K-State due to inclement weather conditions. In addition to classes being canceled at the university, Manhattan-Ogden USD 383 canceled classes and the City of Manhattan called off various city meetings and activities.

"It's not been my favorite

week, this is tough on everybody, students, faculty and staff," said Bruce Shubert, vice president for administration and finance.

Shubert made the decision to cancel classes and campus events around 5 a.m Tuesday.

'We don't routinely close but these circumstances left us concerned for people's safety," Shubert said.

According to the university's Inclement Weather General Policy and Procedure, the vice president is responsible for making "an assessment of weather conditions, including snow removal, streets and sidewalks, hazards to employees traveling to and from the campus and ability to provide energy."

Shubert said the decision to shut down campus is generally made between 4 a.m. and 5 a.m. after he has had the opportunity to consult various campus entities, including campus police and President Kirk Schulz or Provost April Mason.

Shubert also said he has been working with various campus entities to prepare for classes to start back up.

"Even though it's not going to be ideal conditions we hope to open tomorrow," Shubert said on Tuesday.

He added that it costs the university several thousands of dollars to handle the weather with services such as snow removal, sand and ice melts, fuel for trucks and the various contractors hired to remove snow from the parking lots both on campus and at the K-State Sports Complex.

ADDICTION

An inside look into a smoker's head

smoking off and on for seven years. I've

quit nine times. The longest period of time was for two years. Two years without a cigarette, and it took only minutes

to fall off the wagon and become a full-

blown smoker again. My mom quit for

15 years, went to a party where people were smoking, thought to herself, "I've

been good for so long, I can have just one." It took years for her to quit again

Why is quitting smoking so hard?

because of that one night.



I'm trapped in an abusive relationship. My lover makes me miserable, makes me hate myself and what I have become. I want to leave him, but I keep coming back because when we're to-

I am an addict and my lover, my addiction. They think cigarettes are a bad habit or a mere social activity. They think addiction is only for hard stuff, like heroin, not something as commonplace as cigarettes. I wish that were true, but the fact is, I lost a piece of myself that I will never get back because of smoking. Like any drug addiction, I will be hooked on nicotine for the rest of my life, regardless if I use it or not.



The brain is amazing and beautiful in its design. It's made up of billions of nerve cells called neurons, which communicate with one another using chemicals called neurotransmitters. There are many different kinds of neurotransmitters, each with their own set of tasks, and they do everything. Thoughts, emotions, muscle movement, everything your brain does is thanks to these neurotransmitters sending information back and forth to your neurons.

According to the National Institute on Drug Abuse, the receptors that receive neurotransmitters are designed so that certain neurotransmitters are only accepted in certain ways. Tab

fits into Slot B.

Drugs fit into these receptors, too, causing different results. Being an addict, my favorite neurotransmitter is dopamine. Dopamine is what makes you feel pleasure. When you laugh, eat chocolate, have sex, that's dopamine you're feeling. Drugs that make you feel good mimic dopamine. The drug fits into slot B so well, the brain does not realize it's an

impostor. And it's much,

much stronger than tab

A, making the pleasure

from it unnaturally... The first time I smoked a cigarette, I got so dizzy I had to sit down. I don't get high from cigarettes anymore. In order to get a buzz, I have to wait

a day or two until the withdrawals

SMOKING | pg. 4

CITY COMMISSION

Meeting postponed

Danny Davis

The second reading of a discrimination ordinance will have to wait until next week. Due to inclement weather, the Manhattan City Commission postponed their meeting, originally scheduled for Tuesday, to Feb. 8 at 7 p.m.

On the agenda for the meeting, the commission plans to hold the second reading of the discrimination ordinance which will add gender identity and sexual orientation to the protected classes list.

The protected classes list includes factors such as race, religion and color and protects the classes from discrimination in employment, housing and public accommodations.

Work on the new ordinance began in May 2010, after the Human Rights and Services Board began investigating whether discrimination on sexual orientation was present in Manhattan. City administrators began working on the ordinance and a draft was presented to the commission on Aug. 24.

The ordinance has drawn much attention throughout the community. At the December commission meeting, crowds packed the room and overflow areas. Discussion on the issue lasted for several hours with a final vote coming around 2 a.m.

The Student Governing Association of K-State has thrown their support behind the ordinance with the passage of a resolution.

Samuel Brinton, senator and president of LGBTQ&More, spoke for the ordinance at the December meeting.

LGBT students, he said, are protected while on campus, but are not afforded those protections

CITY | pg. 2

Mixing eastern and western beliefs



Lisle Alderton | Collegian

Loujuana Porter, co-owner of Manhattan's Mystic Myths store, holds various spiritual practices and beliefs in great regard along with her Christian roots. For her, smell is important in creating spirituality in everyday life.

Pastor: reincarnation goes against everything **Christianity teaches**

Missy Calvert senior staff writer

and Hinduism.

Editor's Note: This story is the third installment of a three-part series exploring reincarnation

Manhattan resident Loujuana Porter, 50, calls herself a 'Christian out of the box."

A native of Hamilton, Texas, Porter was raised in the Lutheran church, but she said she has since embraced the belief in reincarnation among other spiritual views.

"I still believe in God," she said. "Out of the box meaning a lot of Christians don't believe in spirits and other realms. I have seen too much and felt too much to know that there are other things out there."

Porter is the co-owner of Mystic Myths in Manhattan, a store that sells materials for different spiritual practices, Porter said. Mystic Myths provides books on reincarnation, Wicca, witches, fairies, psychic powers, astrology and more.

A survey called "Americans Describe their Views on Life after Death" conducted between 2001 and 2003 by the Barna Group found that 10 percent of "born-again Christians" believe in reincarnation. In the survey, "born-again Christians" were defined as people who have accepted Jesus Christ as their savior and believe they will go to heaven because of that acceptance.

Brian Anderson, pastor of equipping at Faith Evan-gelical-Free Church in Manhattan, said Christianity is about believing and following Christ. Anderson said Christ died to save people from judgment and allow them to live in

heaven for eternity. "Christianity, basically says everyone lives once and then it's appointed that they die and there is judgment," he said. So salvation in Christianity is all rooted in Christ and what he did on the cross."

Because of these foundational beliefs, Anderson said reincarnation is not compatible with Christianity.

"You cannot hold reincarnation and rightly understand Christianity," he said. "I think fundamentally, you would say there is something insufficient in what Christ did on the cross if there is this reincarnation process."

Porter said her experience with déjà vu led her to believe in reincarnation as a possibility after death.

"I know that our spirit lives on. I know that there is something within us that lives after

REINCARNATION | pg. 6

Taco Bell: To eat or not to eat?

K-State faculty and students ponder company's meat dispute

Sam Diederich

A riddle: students and professors rush into the K-State Student Union in search of nourishment. Greeted by the aromas of the nearby food court, lunch goers squeeze their way to the Taco Bell counter and hastily place an order for beefy burritos. Will the burritos they receive contain mostly beef or mysterious beef-like substitutes? A

recent lawsuit says the latter. A California woman filed a class-action lawsuit two weeks ago claiming Taco Bell's meat filling contains only 35 percent actual beef. The lawsuit claims remaining additives and ingredients constituting 65 percent of the meat product and seasoning include an "anti-dust-ing agent," oats and cocoa

powder. Dolores Takemoto, professor of biochemistry and faculty member for the K-State Food Science Institute, said that such fillers are not uncommon.

"I can tell you that the rules for naming beef are varied. You can say things like a certain percent beef and the FDA will approve it for certain beef categories," Takemoto said. "There's always a fight back and forth between food vendors and what they are going to call their particular product."

Examining the ingredients listed by Taco Bell on their



Rebecca Martineau | Collegian

Tasty Taco Bell burritos may be hiding more than customers suspect.

website, Takemoto noted some contents she said are commonly found in foods and others with which she was unfamiliar.

"Oats are just a filler and they aren't necessarily unhealthy. It's probably better than eating the beef," Take-moto said. "Soybean oil is just soy oil. They put that in there to keep it from clumping."

As for the ingredient "natural smoke flavor," Takemoto would not wager even a

"I don't know what that is. I have no idea what that is," she said.

The lawsuit filed against Taco Bell claimed that the beef contained more preservatives and additives than actual beef. Taco Bell responded to the lawsuit with a new advertisement series and a campaign on YouTube.

Taco Bell was unable to respond to interview requests by press time, but in a statement released on the company's website and on YouTube, Taco Bell President Greg Creed said the seasoned beef contains 88 percent US-DA-inspected quality beef. Taco Bell's written statement called the lawsuit "bogus and filled with completely inaccurate facts."

Whether the lawsuit is unfounded or not, K-State students seem unaffected by the claims made in the lawsuit. John Reinert, sophomore

in business administration, said he eats at Taco Bell once a week and will probably continue to do so.

"I love it. It's cheap. It's the cheapest fast food you can get and it's still pretty good," Reinert said. "The food has passed the FDA and they are serving it. Ignorance is bliss."

Zack Dietz, senior in biology, agreed and said the lawsuit may be a waste of time.

"If you eat fast food, you have to know you aren't eating the highest quality food," Dietz said. "I think it's kind of funny we don't have anything better to spend our time on."



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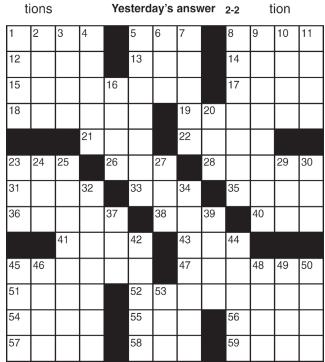






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Logan's Run | By Erin Logan



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LETTERS TO THE EDITOR

CORRECTIONS

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Y O G

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should be limited to 350 words. All submitted

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CORRECTION

There was an error in a cutline in Tuesday's Collegian. Mary Prathibha Gollapalli we misnamed. The Collegian regrets this error.

CITY | NO **CLEAR CUT ANSWERS**

Continued from page 1

when they leave the campus. At the first reading of the

ordinance, there was discussion about how to define gender identity. William Frost, city attorney, said there was no guidance in writing the language of gender identity and the city was having to guess.

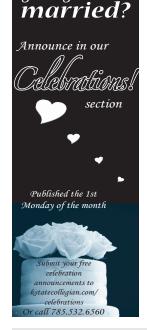
Boulder, Colo., passed a similar ordinance and wrote a 20page document defining gender identity, Frost said. For the sake of simplicity, he said Manhattan would like to avoid that.

In December, many citizens spoke for and against the ordinance. Some were representing groups and organizations.

Some churches spoke against the amendment fearing it would prohibit speech against homosexual lifestyles.

Paul Barkley, pastor and member of the Awaken Manhattan group, said the ordinance was unneeded and part of the gay agenda.

The first reading of the ordinance was passed by the commission with a 3-2 vote. Commissioners Bob Strawn and Loren Pepperd voted against the ordinance. Strawn said a clear definition of gender identity was needed to avoid putting people with gender identity in a complicated situation.



Check out the **Religion Directory**

every Friday in the Collegian



Yesterday's Cryptoquip: WHEN EATING A PIECE OF YELLOW FRUIT IN A BRIEF TIME SPAN, MIGHT YOU DO IT IN A BANANO-SECOND? Today's Cryptoquip Clue: G equals O

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K-State Theatre

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by Charlotte Jones

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ALLIN THE PAST

K-State looks to rebound against Nebraska Red out

senior staff writer

K-State (14-8, 2-5) may be in a must-win situation if they want to make a second consecutive trip to the NCAA Tournament. The team has encountered a plethora of issues this season and is trying to find something positive to get a boost of confidence.

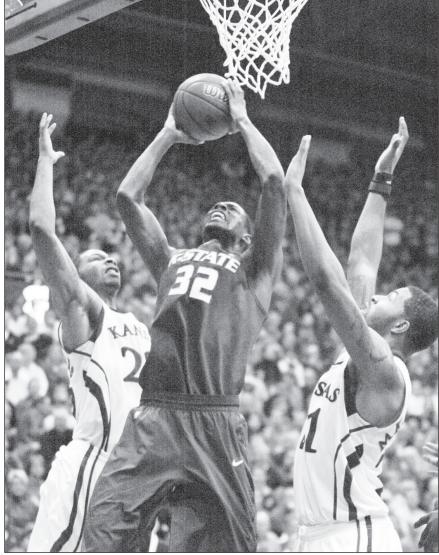
With player departures, close losses and shaky team play, K-State has been struggling, but head coach Frank Martin insists there has been progress and the chemistry in the locker room is still

strong.
"We've dealt with all kinds of adversity this year," Martin said. "I enjoy this team. These kids have come in and competed in practice and games. We're upbeat and I feel excited, but we are just very young."

Tonight in Bramlage Coliseum, the Wildcats will play host to Nebraska, who is looking to go above .500 in conference play. The Huskers are currently 15-5 overall and 3-3 in the Big 12 Conference. Nebraska lost two tough games to Missouri and Kansas and also lost by one point to Texas Tech, a team that K-State beat handily last month.

Nebraska is coming off a big resume win against Texas A&M after defeating the Aggies 57-48 last week. The Huskers are also sitting outside the AP Top-25 poll, as they are receiving a few votes.

Nebraska spreads the



Anthony Drath | Collegian

Junior forward Jamar Samuels goes up for a dunk against Kansas forwards Markieff (right) and Marcus (left) Morris on Jan. 29 in Allen Fieldhouse.

ball around as they only have two players averaging double figures in Lance Jeter and Jorge Brian Diaz

who are each averaging 10 points per game. Nebraska also leads the conference in average points against

with 56, but is 11th in the conference in points per game with 69. Martin said they know how to contest shots when driving for the basket.

"Doc does an unbelievable job of coaching," Martin said. "They are battle tested and you are starting to see a Nebraska team that is good. You don't get an easy basket against them. In the Kansas game we gave Kansas 13 uncontested layups, if you get three against Nebraska you're lucky."

Pullen said Nebraska knows how to challenge shots and that if people want to count K-State out, then they can just try and fight harder.

"They are a hard playing team and have a lot to prove to people," Pullen said. "For us we have to control the glass, which has been a difficulty for us. If we needed people to count us out so we can fight, but we have to have the type of mental-

Sophomore guard Rodney McGruder said Sophomore Nebraska makes their opponents play fast-paced and that these next few games will be important on the outcome of the season.

"They're a tough team and push the tempo," Mc-Gruder said. "It should be a dogfight and we just have to come prepared and ready to play. This next three-game stretch will be very important but I feel like there's still a chance we can turn it around?

Tipoff for the game tonight is at 7 p.m. at Bramlage Coliseum. The game will be televised on the Big 12 Network.

Midweek Musings



Wednesday conundrums while Frank Martin and the K-State men's basketball team prepare for battle against Nebraska without the services of

Wally Judge.

• After watching Judge, a sophomore and former Mc-Donald's All-American, leave the program earlier this week, I'm really starting to wonder how much more adversity the Wildcats can truly handle.

• I understand that Martin brings a tough-love approach to the basketball court. But including preseason transfers by Dominique Sutton and Jarrod Kruger, as well as Freddy Asprilla's exit last month - Judge's departure marks the fourth time a player has left since the end of last season. Regardless of whom the head coach is, that's got to cause a few eyebrows to raise.

• I won't go as far as to say last season's run to the Elite Eight was a complete fluke, but to call this year's team a shadow of its former self would be a pretty accurate statement right now. Before the season started, I never would have thought we'd be using "Nebraska" and "mustwin" in the same sentence.

• It's pretty hard to believe that, with two games each against the Huskers and Iowa State still on the schedule, no game looks clearly winnable right now. If Jacob Pullen was serious about his refusal to play in the NIT, he might want to clean out his locker at the end of February.

• I think I understand what Pullen meant when he made that remark. But, as any sports writer can tell you, context is thrown out the window when words hit the page. I hope he doesn't mind hearing "NIT" chants at every road game for the rest of the season.

• Raise your hand if you would have believed me if I said K-State would only have one NCAA Tournament-caliber team this season, but it's not the men. Aside from head coach Deb Patterson or the K-State women's roster, I doubt many hands would have gone up.

 Regardless of expectations, Patterson and the women have looked great this season, at least for the most part. They currently boast a 5-2 Big 12 Conference record and haven't lost at home in 11 tries this season.

· That's quite an improvement from a team that managed just 14 wins a year ago. They've already surpassed that mark this season, and the conference season isn't even halfway done.

• Patterson has produced a stellar backcourt duo in sophomore guards Brittany Chambers and Taelor Karr. In a recent interview, former women's star Shalee Lehning, now an assistant coach, compared Chambers to former teammate Kimberly Dietz, and said Karr reminds her of herself.

Justin Nutter is a December graduate with a bachelor's degree in journalism and mass communications. Please send comments to sports@

Lady Wildcats are perfect on home court this season

Justin Nutter

In the world of college sports, the opportunity to play in front of your home crowd is as big of an asset as anything. Oftentimes, especially in a game between two evenly matched opponents, playing in front of thousands of screaming fans who don your team's colors can provide a little extra motivation to pull out a win.

So far in 2010-11, winning at home hasn't been much of an issue for Deb Patterson and the K-State women's basketball team. In fact, the Wildcats have been perfect within the confines of Bramlage Coliseum this season. Since knocking off Grambling State 67-44 in their regular season home opener on Nov. 12, they haven't lost a home contest in 11 tries.

After K-State's most recent home win, a 65-60 victory over in-state rival the University of Kansas on Jan. 29, Patterson paid tribute to the Wildcat fans, saying her team couldn't

have already achieved this much success without their consistent attendance at home games.

"I cannot even tell you the lift that the crowd gives you," Patterson said. "It is not just that you are home and seeing all those K-Staters and feeling that buzz and energy. The crowd is just really neat and that is such a huge part of winning at home in a rivalry game. Our fans are big, in my opinion, in helping us win games."

After managing just 14 overall wins and a 5-11 Big 12 Conference record a year ago, the Wildcats have seemingly turned a corner this season. Behind the leadership of sophomore guards Brittany Chambers and Taelor Karr, as well as junior forward Jalana Childs, K-State now sits at 15-5, having already surpassed its win total from last year.

Some of those victories have come against quality competition, including a 64-53 upset over then-No. 14 St. John's on Nov. 13, and a 63-45 drub-



Carlos Salazar | Collegian

Kelsey Hill dribbles around a KU defender in Bramlage Coliseum on Jan 29. The large fan turnout helped the women to beat Kansas 65-60 and remain undefeated at home this season. This victory marked the 10th straight win against Kansas in Bramlage.

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bing of then-No. 25 Oklahoma State on Jan. 9.

The Wildcats have also jumped out to a 5-2 conference record. Four of those five Big 12 wins have come in Manhattan, including three of K-State's current four-game winning streak, which dates back to Jan. 19. The four con-

With four home games still remaining on the 2010-11 schedule, including multiple

campaign.

contests against ranked opponents, the Wildcats' head coach added that the team will continue to depend on the support of its purple-clad following in each and every game. "We need that (support),

secutive victories in confer-

ence play marks the first time

K-State has done so since

midway through the 2008-09

ent energy from your crowd at

home in these high level con-

ferences," Patterson said. We've

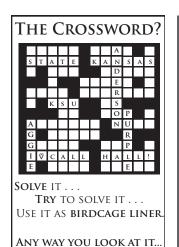
had it and I just hope we can

continue to build off of it."

'You have to have a differ-

and we need it desperately," she said. "We're no different than anybody in America. When you build a home crowd advantage, it truly is an advantage, and it's needed."

K-State's next home competition comes on Feb. 9, when the Wildcats will play host to the Texas Longhorns. Tipoff is set for 7 p.m.



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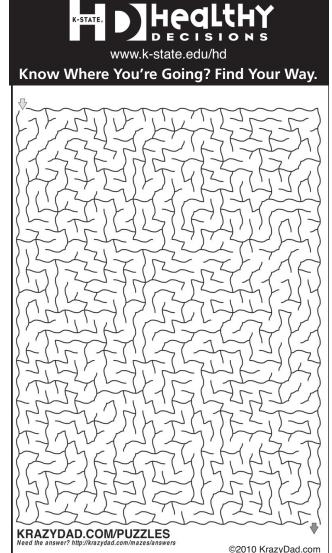


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MEX-CELLENT

El Tapatio offers authentic Mexican atmosphere

El Tapatio ★★★☆

Restaurant review by Joshua Madden

When you open the door and step into El Tapatio, you'll quickly realize that you have stepped into a rather authentic Mexican restaurant. Personally, the authenticity reminded me of a place I went to in Monterrey, Mexico.

El Tapatio is located off of Stagg Hill Road - where Doe's used to be - and so it's a bit off of the beaten path, but I would say it's worth the trip. Right from when you walk in the door you'll see El Tapatio is a very authentic Mexican place, which, for me, was a welcome sight because I think Manhattan is somewhat lacking in the authenticity department. I love Chipotle as much, if not more, than your average college student, but it is not exactly true Mexican.

I went to the restaurant with my family and the four of us were seated fairly quickly. Although there was a decent crowd already eating, there wasn't much of a wait to be seated, which was great. In addition to the complimentary chips and salsa admittedly one of my favorite parts of eating at any Mexican restaurant - we started out with an appetizer, a white queso dip with chips, which was surprisingly spicy and delicious. The dip was also relatively cheap, at around \$4.

I'll say this now: the real strength of El Tapatio is the food. I ordered the restaurant's posted day special, "El Special Mexical," which was amazing and very reasonably priced. In the ballpark of \$9, the Mexical was essentially a combo - a meat fajita platter on steroids. Vegetarians be wary, the Mexical was a pile of nearly every meat you could possibly think of: a full carne asada on top of chicken, shrimp and chorizo. The presence of real Mexican chorizo is a good way to separate authentic Mexican restaurants from the crowd. If prepared right, it can be delicious and El Tapatio is an example of it being done right.

The size of the meal is also something that I should give El Tapatio credit for. I have terrible eating habits and often eat one large meal a day, which my friends tell me is horrible for my metabolism but I simply don't care. This is relevant to this review because it means I can usually eat quite a bit when I do actually eat my one meal of the day. I could not finish the Mexical.



Photos by Nathaniel LaRue | Collegian

Israel Otapa Alba-Ñil, cook at El Tapatio, prepares the El Special Mexical Tuesday afternoon. The version pictured is for one person, although the Mezcal can be ordered for one, two or four people.

There was simply too much food. I didn't even come close. In fact, I took about half of the meal home and had another full meal. Two full meals for around \$9 is a pretty good deal in my opinion. The fact that the meal was so good is a plus.

I would say that this means you should probably try to stick to the Mexical if you can. I know that I certainly liked my meal more than the rest of my family liked theirs - not that any of my family was disappointed, but I seemed to

have stumbled on a signature dish of sorts. My father said that while he liked his meal, it was "nothing special." I think my meal actually was "something special" so I would keep that in mind if you do decide to go to El Tapatio.

Don't get me wrong, this was not the greatest meal of my life, but it was certainly a very good one. I found El Tapatio to be better than the average Mexican restaurant and I will definitely go back for another round sometime. Like any kind of reviewing, it's difficult to review a restaurant without factoring in your own initial preferences and tastes, especially a restaurant like El Tapatio, which comes across as being so focused on providing authentic Mexican cuisine. I genuinely wavered on what rating to give this restaurant and ultimately decided on 4 stars out of 5, with the caveat that if you really like authentic Mexican food, the rating should probably be higher.

Joshua Madden is a senior in political science and history. Please send comments

The ingredients for the El Special Mexical cook on the grill at El Tapatio Tuesday afternoon.

to edge@spub.ksu.edu.

Medical soda pot is more than just blowing smoke

Sandi Lam

Liquid medicine is not a new concept, but liquid marijuana medicine? An article on the Santa Cruz Sentinel website called, "Pot meets pop: Local entrepreneur plans to market line of smartly branded medical-marijuana soft drinks," reported that in February, a soda called "Canna Cola" is making a debut in medical marijuana dispensaries in Colorado. California is expected to sell the "soda pot" later in the spring.

The drink's official website, www. drinkcannacola.com, shows that the soda is available in five flavors - Doc

Weed, Orange Kush, Grape Ape, Sour Diesel and Canna Cola. With a medical marijuana license, consumers will be able to delight in this new soda while experiencing the effects of marijuana.

On the bottle label is a marijuana leaf composed of carbonated bubbles, using the leaf as a marketing tool. With or without much marketing persuasion, the concept of compacting the marijuana experience into the common form of soda is already appealing to the

When asked if this was a soda worth trying, David Bartlett, junior in architecture, said, "If I was able to obtain a medical marijuana license, then yes."

With Kansas's history with marijuana-related substances like K-2, a synthetic marijuana that was outlawed a couple of years ago, it seems rather unlikely that this soda would ever be sold in the state.

"If the license is ever alleviated, I would go out of my way for the experience," Bartlett said referring to traveling out of the state to purchase a Canna

Going out of the state seems to be the only way to partake in the trending

"Under the city's ordinance, all parts of marijuana are illegal," said Matthew Richter, city prosecutor of Manhattan.

When Richter was asked about the possibility of Canna Cola appearing in Kansas, he did not hesitate to respond about the unlikelihood.

"It looks illegal under not only Manhattan ordinance but also the state law of Kansas," Richter said.

The fact that THC, the active ingredient in marijuana, could be successfully infused into a soda is a novel feat. Bartlett said he is able to "enjoy how

creative medical marijuana methods are becoming."

Meanwhile, it is important to keep in mind that however impressive the product, "The substance is illegal, no matter what form it is in," Richter said.

SMOKING | **NO EASY WAY OUT**

Continued from page 1

eat at me. But no matter how much time passes, I can never achieve that first buzz again. That's the nature of any addiction — chasing that first high that you'll never quite reach again.

According to an Oct. 20, 2008 article "Understanding Nicotine Addiction" by Terry Martin on about.com, once nicotine is absorbed by the lungs and into the bloodstream, it reaches the brain around seven to 10 seconds later. The pleasure it gives the smoker is gone within minutes and the nicotine levels in the blood drop within hours, making the smoker feel agitated, making them need another cigarette in order to feel better. This leads to tolerance.

Myaddiction.com reported that as the brain is flooded with drugs it believes to be neurotransmitters, it reacts by producing less natural neurotransmitters. Your brain thinks, we have too much Tab A for the Slot Bs, so we must make less. As a result, the addict requires more and more of the drug in order to feel high. This is why cigarettes don't give me a buzz anymore.

The brain can't just start making neurotransmitters again immediately; it takes a while to make them, whereas drugs are instantaneous. When you quit "cold turkey," your brain becomes starved for the drug, which has replaced the neurotransmitters it needs to feel normal. Your brain throws a fit and begins screaming at you: We're all out of Tab A! We need more Tab A! NOW!

When I go without a cigarette, I get twitchy, edgy and very, very cranky within a few hours. I begin to obsess about my next cigarette. It's all I can think about. If I don't have any cigarettes because I'm simply out of money, I begin tearing my apartment and car apart, looking for enough loose change to buy a pack. I go outside and look around for somebody who is smoking and humbly ask to bum one from them. I am almost never refused and, even if I offer a quarter or something because cigarettes are so expensive, they almost never accept money for

Smokers are sympathetic ople. They don't give you cigarette because they don't care about your health; they give you one because they understand the unbearable angst you are feeling and they want to help you. They know what withdrawal feels like; they've all been there.

Ít's easy to think about quitting when you're sated. It's easy to see the logic in how bad it is for you, how bad your clothes and skin smell, how the entire world is banning smoking from public places to protect their children from the smoky specter of cancer.

I'm not stupid. I don't want emphysema. I don't want to live in regret for the rest of my life for the damage I'm causing to my body. I want to be normal and healthy, but logic flies out of the window when withdrawal sets in. And because my brain has rewired itself in response to nicotine addiction, the temptation will never be truly gone.

When I was clean for two years, I would go for weeks or months without thinking about cigarettes, only to have some trigger start the cravings all over again. The brain never forgets that drug, even when it's recovered from it. I will always be tempted by my old lover.

The gum does nothing for me, I'm allergic to the adhesive on the patch and the side effects of Chantix scare me. If I'm going to quit, I have to do it the old fashioned way and quit cold turkey. I've done it before, I know I can do it again. But not

I have to go now. My lover is calling to me. I must answer him before his gentle nudges and caresses become a desperate gnawing sensation, like a coyote with its leg in a trap. I don't want to see him, but I know once I light up and breathe in, I'll feel

Karen Ingram is a junior in english. Please send comments to edge@spub.

HOROSCOPES



Libra Sept. 23 - Oct. 22

Don't feel too embarrassed if you've slipped and fell on the ice this past week. Getting used to it is a much better option.



Scorpio Oct. 23 - Nov. 21 If classes are bringing you down, remember

Sagittarius Nov. 22 - Dec. 21

that school will be over in 100 days. That should cheer you up.

This is the week to put down the coupons

and step away from your debit card. You're

not really saving if you keep spending.

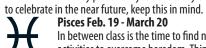


Capricorn Dec. 22 - Jan. 19 Thinking and driving could be a risky move for you today. Better to keep to one or the

other or things could be disastrous.



Aquarius Jan. 20 - Feb. 18 Taking your stress out on others ruins your chances of getting anything good as a birthday present. If you have a day of birth



Pisces Feb. 19 - March 20 In between class is the time to find new activities to overcome boredom. Think of one in Hale library — silently, of course.



Aries March 21 - April 19

Lucky you - you will get all green lights on the road today. OK, maybe not, but there's a higher chance you will get pulled over for talking on your cell phone. Take that how you want.

Smirnoff twist-offs always advertise, drink responsibly.



Taurus April 20 - May 20 If you are as confident as your spiked hair suggests, how about helping the art department with some nude modeling?



Gemini May 21 - June 20 Don't get any crazy ideas about the new Canna Cola marijuana soda pop. Like the



Cancer June 21 - July 22

Never forget to put down toilet paper on the seat before you use a public toilet. The consequences of not doing so could haunt you.



Leo July 23 - Aug. 22 Monday night is Karaoke night at Kite's. If K-State Idol doesn't work out for you, at least



Virgo Aug. 23 - Sept. 22 Shamelessly dancing to Usher's new song "More" is a great way to lose weight. However, most people agree that "fist pumping"

really counts as a dance move is questionable. -Compiled by Kelsey Castanon

K-State alumni raise money for leukemia and lymphoma cause

Former K-State students raise money for charity through half-marathon

As the new year approached, Veronica Kuhlman decided on two resolutions: to pay it forward and to run a half-mara-

According to the Leukemia and Lymphoma Society, it was estimated in 2010 that 3,317 children under the age of 15 would be diagnosed with leukemia in the United States. Former K-State students, now employed at a hospital, are hoping to reach out to those children.

Veronica Kuhlman and Brianna Regan both left K-State in 2009 after completing their prerequisites for nursing school. They started nursing school shortly afterward and are now working at Children's Mercy Hospital in Kansas City, Mo.

Working in the hospital on the hematology and oncology floor, Kuhlman comes into contact with children diagnosed with cancer. Forming relationships with the children and families, Kuhlman says it's very difficult to see them suffer. She decided to take her New Year's resolutions and combine

Kuhlman and Regan, as well

as another co-worker, Morgin Dunleavy, will run a half marathon in San Diego, Calif. on June 5 to raise money for the Leukemia and Lymphoma Society. Kuhlman is committed to raising \$2,900 for the organization, and is running in honor of all the children on her floor of the hospital.

"This is something I've always wanted to do. I've always wanted to do a half marathon. I wanted to somehow do something to give back," Kuhlman said. "This is my way of kind of doing both of them."

The women will be training for the event through an organization called "Team in Training." There are different chapters around the country, and they will be participating in the Midwest chapter. Currently there are 16 members on their team, and Regan said what she's looking forward to most is working with everyone as a team.

"The whole experience of the entire thing, fundraising, having fun raising money in different ways for it and a fun little vacation," Regan said.

While the women are looking forward to the event, they also have to put in a significant amount of work training to accomplish their goal. They will start group runs in about a week, and from there the workouts only intensify. Kuhlman has already participated in several 5K and 10K races,

but this will be her first half marathon.

"I hated running in high school but I was an athlete and so I just did it," she said. "It's one of those things that I really enjoy now, and I like doing different competitions."

When asked what they hoped to gain out of this experience, Regan said she wants to fight for their cause. "Just the team feeling and

just working towards a goal and raising that much money for such a good organization," Regan said. Karrington Henao, senior in

business marketing, has a close friend who was diagnosed with leukemia last year. "I think it's amazing that

raise money for that cause, because it's becoming more common now for people to be diagnosed with cancer our own age and younger," Henao said. The simple act of raising the money to help people with leukemia is a great way to become involved."

people would want to run and

Kuhlman said that while working in the hospital, she watches children fight through such horrible things every day. She says it has made her realize how lucky she is to be healthy, and is trying to make the best of each day, and not take life for granted.

To make donations to their campaign, visit teamintraining.

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ily Sunday through Friday 8 a.m.-5 p.m. Pay starts at \$7.25 per hour with the opportunity to advance. Only students currently enrolled in spring 2011 for at least six hours at Kansas State University can be considered. Any experience with Mac OSX design software such as Photoshop, Adobe InDesign, and networking is helpful but not required. Applications may be picked up in 113 Kedzie, or ewallen@ksu.edu for an application. Re-

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REINCARNATION | SOME BELIEVE **CONFLICTS WITH CHRISTIANITY**

Continued from page 1

this physical body," she said. "I believe that it is reincarnation simply because of the déjà vu effect."

Porter visited Ireland for the first time a couple years ago, and she said it seemed like home; she felt she had "been there, done that."

"I was so comfortable and content," she said. "But it didn't look quite the same. In my mind's eye, I could almost feel it, see it the way it was hun-

dreds of years ago."

Porter said she believes déjà vu is God's way of letting people know there is something beyond this life. However, she said God purposely does not allow people to completely re-

member their past lives.
"That would be awfully hard for us to remember our previous death and life," she said. "It would be a huge burden.'

The U.S. was founded on Christian principles and the faith still dominates the nation's religious scene. In 2006, the Association of Religion Data Archives reported that more than 82 percent of Americans consider themselves Christians.

However, the mixing of religious beliefs is growing in popularity. A 2009 survey "Many Americans Mix Multiple Faiths" by the Pew Forum on Religion and Public Life found three in 10 people who attend religious gatherings weekly, attend some services outside of their own faith.

Porter said she thinks it is very common for people who were raised as Christians to embrace New Age and eastern

"Here in the store, very often 75 to 80 percent of pagans who come in were raised Christian," she said.

Anderson said many people who claim to be Christians do not know the Bible well so they soak in various ideas from popular culture to add to their beliefs.

"I think many are 'cultural Christians," he' said. "They were born in a Christian family or in the Christian faith, they have gone to Christian churches but that is different than being a Christian."

The Pew Forum survey also found that Christians are only slightly less likely to hold eastern and New Age beliefs than the general public. The survey asked people about the belief in reincarnation and the belief in yoga as a spiritual practice among others.

Of the Christians surveyed, 22 percent said they believe in reincarnation and 21 percent said they believe yoga is spiritual.

Ana Franklin, 66, teaches yoga at Yoga Connection Studio in downtown Manhattan. She said she believes in the philosophy of yoga and she practices the ancient tradition of Vedic chanting. Franklin sometimes incorporates chanting into her classes, but she said she has found a slim interest in Manhattan.

"I found so much resistance to it here, because it seems religious," Franklin said. "And

Franklin said she understands people's tendency to defend their traditions, but she also said chanting is not "anti-Christian."

"I think that if you have a tradition that is working well for you and you enjoy it and you're getting something out of it, you shouldn't try to go and learn some other tradition or become a Hindu or become

anything else," she said.

The Barna survey shows that Christians are increasingly adopting spiritual views from eastern religions and other New Age beliefs.

Some people advocate that reincarnation is supported in the Bible and point to passages like John 3 when Jesus speaks about a person's need to be born again. However, Pastor Anderson said this is a misinterpretation of the text.

The rebirth that Jesus talked about is not a physical rebirth but a spiritual rebirth," he said.

George Barna, founder of the Barna Group and author of many books about the religious practices of Americans, wrote on www.barna.org that Americans are embracing beliefs that "logically contradictory" and they are creating unorthodox views by mixing faiths.

Anderson said there is an appeal to these New Age beliefs in our culture, but they do not fit with Christianity.

"I also think that we live in a culture now where spirituality is really important," he said, "so I think eastern and Hindu kind of things are really in vogue. It's kind of the cool thing to do."

Walking in a wonderland



A student wanders through the street to avoid the slick sidewalks laden with ice during the second day of this extreme snow storm.

(Left to right) Luke Werhan, freshman in communication studies, Tyre Kartley, senior in secondary education, Conor Milne, sophomore in psychology, and Wes Gardner sophomore in agricultural economics help a female Haymaker freshman by clearing her car of ice and snow so she could go to the hospital Tuesday afternoon outside Haymaker Hall.

Matt Binter | Collegian

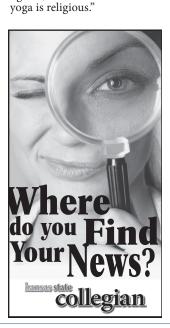




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